

CODE OF PRACTICE FOR THE COMPOSITION AND LABELLING OF YOGURT

1. Introduction

- 1.1 In 1983, the Dairy Industry and LACOTS recognised the need to ensure that consumers, manufacturers and retailers had a common understanding of the nature of the product, yogurt, and its labelling.

This was because yogurt, unlike other well established dairy products such as milk, cream, butter, cheese, milk powders, etc., was not covered by specific legislation related to product composition and labelling.

- 1.2 As a result, the Dairy Industry, in conjunction with LACOTS, developed a Code of Practice for the composition and labelling of yogurt.
- 1.3 In the 26 years since the issue of that Code of Practice, there have been many changes in the yogurt manufacturing process, and major developments in food legislation generally. There have also been name changes, with LACOTS becoming LACORS, and the DIF now Dairy UK.
- 1.4 This revised Code of Practice has therefore been developed to reflect current manufacturing and regulatory practice, in accordance with section 7.2 of the 2005 Code. In common with the previous Code, its provisions are above those required by the food legislative system and do not in any way alter the law.

This revised Code of Practice has been produced in consultation with LACORS.

2. Definition

Yogurt is the acidified coagulated milk product made from milk or any combination of milk and/or products obtained from milk, in which, after pasteurisation, lactic acid has been produced within the product by the bacterial cultures *Lactobacillus bulgaricus* and/or *Streptococcus thermophilus* with which may be used other suitable bacteria.

The appropriate live organisms should be viable and abundant. Yogurt may, however, be subject to heat treatment after fermentation if appropriately labelled (see section 5.3).

3. Composition and Description

- 3.1 Yogurt should have a minimum milk protein content of 2.9% (w/w) before the addition of other ingredients.
- 3.2 Natural yogurt is a plain unsweetened product containing no added colour or other additives.
- 3.3 Yogurt described as “low fat” should contain not more than 3g of fat per 100g of product.
- 3.4 Yogurt described as “fat free” or “virtually fat free” should contain not more than 0.5g of fat per 100g of product.

4. Added Ingredients

- 4.1 Foodstuffs, including but not limited to, fruit, cereals, vegetables, nuts, chocolate, sugars and flavourings.
- 4.2 Permitted stabilisers and thickeners may be used according to good manufacturing practice and current legislation.
- 4.3 Other additives permitted by regulations may be used.
- 4.4 Vitamins and minerals may be added.



5. **Labelling**

The labelling of all yogurt shall comply with all the statutory requirements and in particular the Food Labelling Regulations 1996 and any amendments thereof. The following provisions are additional to the statutory requirements.

- 5.1 The spelling YOGURT is preferred.
- 5.2 The description “Natural” may only be used to describe yogurt as specified in 3.2.
- 5.3 All yogurt subjected to heat treatment after fermentation should bear the description “heat treated” or “UHT”, as appropriate, as part of the name of the product.
- 5.4 The species of animal from which the milk originated shall be indicated if failure to do this would mislead consumers.
- 5.5 When used to describe a yogurt, the term “bio” indicates that certain cultures, typically Bifidobacterium and Lactobacillus acidophilus, have been used to create a mild flavour, and these cultures are still live. It does not mean that the product has been produced using organic production methods.

6. **List of Ingredients**

Food Labelling Regulations 1996 exempt yogurt to which no ingredient has been added other than lactic products and micro-organism cultures from the requirement to bear a list of ingredients. When any ingredient other than lactic products and micro-organism cultures has been added, it is permitted to list only these added ingredients under a heading which must include the words “Added Ingredients”. However, manufacturers may provide a full list of all ingredients, including the lactic products and micro-organism cultures.

7. **General**

- 7.1 Yogurts used as ingredients in other foods should comply with the requirements of this Code of Practice.
- 7.2 This Code shall be reviewed from time to time, at the request of Dairy UK or LACORS.

YOGURT

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Endorsed by LACORS

Dairy UK
93 Baker Street
London W1U 6QQ

Printed March 1983
Re-printed March 1986
Revised May 2000
Revised June 2004
Revised January 2005
Revised October 2009